**Wheeler Health Syllabus (2017-2018)**

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**COURSE DESCRIPTION:**

Students will be exposed to a broad range of topics including the areas of mental, physical, emotional, social, and spiritual health. The individual units of study will include: (1) Mental Health, (2) First Aid & Safety, (3) Nutrition, (4) Diseases and Prevention, (5) Substance Abuse *which includes* ***“Adapt” Certification***, and (6) Family Health. This is a split-semester “Quarter-Length” course that last 9 weeks (45 days).

**CLASS FORMAT:**

**Health Classes** – will consist of writing assignments, vocabulary, lectures, power points, class discussions, small and large group work assignments, health projects, audio/visual materials, classroom activities, role-playing, worksheets, quizzes, and tests.

**CLASS OBJECTIVES:**

\* identify the physical, mental, and social aspects of health as they relate to the various topics studied.

\* understand how unhealthy choices can affect his/her quality of life now and in the future.

\* discuss the harmful effects of tobacco, alcohol and other illegal drugs on the human body.

\* identify and cope with different forms of stress in everyday life.

\* organize and develop reports on various health related topics.

\* explore decision making skills and the consequences of certain decisions.

\* identify the risk factors and negative consequences involved in bad decision making.

**CLASS PROCEDURES:**

1. **Be on time**. (Inside the classroom when the tardy bell rings)
2. **Be respectful** to others. (Bullying will not be tolerated – Physiological or Psychological)
3. **Be in your seat** during class time. (Get permission to leave your desk)
4. **Be prepared** for class each day. (*Paper, Pen/Pencil, Notebook-Health Binder)*
5. **No one can leave class** for any reason the first or last**15 minutes** of class time.
6. **Clean up** **your area/desk** before you leave class (pick up trash, straighten desk, & return books)
7. **No food or drinks** allowed in the classroom/Gym. (Water is permitted)
8. **Late work** can always be turned in before the Final Exam, however, grade will be deducted by 20 Points if turned in after the Unit Test of that assignment is given.
9. **Missed Assignments**, due to being absent from class, are given 5 days to turn in without any type of grade deduction. (Must be turned in before the Unit Test)
10. **Restroom Breaks**: students are to stay in gym area at all times, otherwise a referral will be written for being out of area/skipping. (Can’t walk around school, play in gym, go to cafeteria, etc.)

**GRADING SYSTEM:** Approximate percentage breakdown is: ***40 Total Grades in Health***

Classwork/Homework (32 Grades) - 50% Unit Test (6 Grades) - 25%

Health Quizzes/ADAP (6 Grades) - 15% Final Exam (1 Grade) - 10%

**TARDY POLICY:**

A tardy in class is defined as not being inside the classroom when the tardy bell rings. The student will be marked tardy on Attendance. If a student is tardy, without a pass, after the first **10 minutes** of class the student will have a referral form filled out for skipping and turned into the administrator.

**TEXTS:**

***Health Book -*** Glencoe Health (Mary H. Bronson, Ph.D.)

***Power Points Website:*** **http://www.gavirtuallearning.org/Resources/CTAEResources/CTAEShared/SharedHealth17.aspx**